

Ginger: 10 Ways This Herb Improves Digestion



by
DR. JOCKERS

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Ginger: 10 Ways This Herb Enhances Digestion

Ginger is one of my all-time favorite superfood herbs that I recommend to nearly every client I have ever worked with for its powerful ability to improve our digestive function and immune system. Superfoods such as ginger are foods and herbs that have a unique concentration of nutrients that synergize together to boost potential.

These foods are typically loaded with a combination of critical fatty acids, antioxidant phytonutrients and essential amino acids. Ginger is a classic example of this as it has compounds with health benefits that go far beyond what can be studied at this time.

Ginger is used throughout the world in countries such as China, Japan, India, Greece, Caribbean countries, England and the USA. It is made into teas, ginger ale, beers, bread, snap cookies and biscuits. Almost every culture has historically used it for its powerful ability to enhance immunity, improve digestion and reduce inflammation.

This incredible superfood herb is 13th on the antioxidant list boasting an impressive ORAC score of 28,811. Ginger is composed of several volatile oils that give it its characteristic flavor and odor; zingerone, shogaols, & gingerols. These oils are powerful anti-bacterial, anti-viral, anti-fungal, anti-parasitic agents (1). In addition, it inhibits cancer cell formation while firing up our body's own inborn ability to destroy the cancer cells formerly present (2, 3, 4).



Ginger Improves Digestive Function

Ginger has classically been used to improve the digestion process. Nine different substances have been found that stimulate **serotonin** receptors in the gut which provides benefits to the gastrointestinal system. This reduces gut related inflammation and enhances nutrient absorption.

Ginger is classified as a carminative (reducing intestinal gas) and an intestinal spasmolytic (soothes intestinal tract) while inducing gut motility. Ginger is known to reduce fever related nausea, motion sickness, and feelings of “morning sickness.” Additionally, it helps aid in the production of **bile**, making it particularly helpful in digesting fats (5, 6, 7).

If you are dealing with digestive challenges, I highly encourage trying out ginger in your diet and health routine. Using some ginger tea on a daily basis is a great way to begin. We also have a fantastic de-inflaming ginger-ale recipe at the bottom of this article.



About Ginger

Nutritional & Medical Benefits

Medicinal Value

Treats & Prevents:

- ▶ Stomach Discomfort
- ▶ Motion Sickness
- ▶ Nausea
- ▶ Stomach Cramps
- ▶ Indigestion
- ▶ Heartburn
- ▶ Among others

Nutritional Value

Main Compound:
Gingerol

Source of:
Fiber
Calcium
Potassium

Holds:
Anti-oxidants
Essential Oils

How to Consume Ginger?

Supplements	Natural Remedies	Seasoning Food
Take daily supplements to prevent nausea or motion sickness, and to aid gastrointestinal function.	Ginger infusions can be taken after a meal to prevent indigestion or to relieve common colds and inflammation.	Its strong flavor can improve stews, soups, beverages, and even desserts such as gingerbread cookies.

Did You Know?

In 13th - 14th century England, one pound of ginger root could only cost as much as a sheep.





Ginger Provides Pain Relief:

Ginger is also an important part of a de-inflaming, natural pain-relief program. One compound called 6-gingerol has been shown to significantly inhibit the production of a highly reactive nitrogen molecule, nitric oxide, that quickly forms a dangerous free radical peroxynitrite.

Additionally, ginger helps to protect the bodies stores of **glutathione** (the super antioxidant and free radical destroyer) (8, 9). Due to its effect on glutathione and nitric oxide, ginger has been shown to protect the brain and nervous system from degenerative stress (10).

Ginger is also very high in **potassium** which aids in electrical energy production and detoxification. It is a great source of manganese which protects the lining of the heart blood vessels and urinary tract. Ginger contains silicon which enhances skin, hair, teeth & nails. It helps assimilate calcium and reduces inflammation in the bone tissue aiding the development of strong bones and teeth.

The Health Benefits of **GINGER**

Ginger provides a seemingly endless array of health perks. A few of the most commonly known benefits include reducing nausea, morning sickness, motion sickness, congestion, headache, cramps, hot flashes and indigestion. It's also been known to enhance appetite and to promote absorption of essential nutrients into the body. Here are a few less-familiar but still awesome properties of ginger:

- ▶ Useful for bowel disorders, gas relief, sensitive digestive tracts and cleansing the colon
- ▶ Stimulates the heart and circulatory systems
- ▶ The spicy components activate the flow of saliva and the production of digestive juices
- ▶ Protects the liver and stomach
- ▶ Fights inflammation, circulatory problems, arthritis and fever
- ▶ Holds aphrodisiac properties
- ▶ Reduces joint and muscle pain, both internally or topically
- ▶ Relieves heartburn
- ▶ Effective antimicrobial agent for sores and wounds





Functional Uses for Ginger:

Personally, ginger is something I recommend for a majority of my clients to use on a regular basis. This includes using ginger in teas and grating the fresh root on salads and meats and in green juices. Sometimes, I recommend supplementing with detox products that have this herb as it helps to aid in digestive function and liver detoxification.

Ginger helps stimulate digestive juices such as hydrochloric acid from the **stomach** and bile from the liver and gallbladder. This is why it is good to have ginger on or with your largest meals of the day. The Asian culture has used ginger in many of their dishes and you can even find pickled ginger with grocery store sushi packs.

I recommend grating fresh ginger on meat, salads and stews. You can also use dry, powdered forms if you are unable to access fresh ginger. It is quite pungent so use it mildly and it will provide you with excellent health benefits.

Lemon Ginger Tea Recipe

3 inch piece of ginger

2 cups of water

1/4 fresh lemon

Optional: 3-4 drops of lemon drop stevia

Step #1: Peel the ginger and slice thinly

Step #2: Pour into pot and boil the ginger for
10-15 minutes w/lid on.

Step #3: Turn off heat and remove lid and let cool down

Step #4: Once it is warm but drinkable, put in a mug and
squeeze lemon and add lemon drop stevia if
you want to make it sweet.

Note: The larger the piece of ginger, the stronger the tea and the longer you will need to boil. Boiling for about 10-15 minutes will cause you to lose about 1/2 the water due to evaporation. So if you do a 6 inch piece of ginger root, you will need 3-4 cups of water and 30 mins or so to boil.

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De-Inflaming Ginger Ale

The Europeans developed ginger ale many years ago and it was thought to be health tonic that would benefit a wide variety of ailments. That is until the 20th century when it became highly processed and full of sugar and artificial flavorings. Traditional ginger ale was simply fermented ginger tea. The fermentation process activates ginger's full nutritional potential and it produces enzymes and probiotics for a powerful digestive health formula.

My de-inflaming ginger ale uses coconut water which is rich in electrolytes and low in fructose. The sugar in the coconut water provides the nourishment for the good microbes to flourish. As they metabolize the sugar they produce **B vitamins** and organic acids that give the drink it's natural effervescence and characteristic flavor. You should be able to find a coconut water kefir starter called Inner Eco at your local health food store.

2 Tbsp. of Coconut Water Kefir

1-2 cups of coconut water

2-4 oz. of fresh ginger grated

Combine all ingredients and let sit and ferment for 24 hours to provide an amazing, probiotic enriched soda alternative.



Supplemental Usage

Ginger has powerful anti-inflammatory and anti-microbial properties and is very effective in a blend of complementary supplements for a variety of health conditions. One of the key areas my team uses ginger for is to help the gut and reduce Candida and other opportunistic microbes such as H Pylori.

Our product **Candida Elim** features a bioavailable along with oregano, turmeric, olive leaf and caprylic acid. This is a fantastic product to support gut health and reshaping of the

microbiome.

We also use ginger in combination with curcumin, boswelvia, rosemary extract, systemic enzymes and bioflavonoids in our **Inflam Defense**. This combination of compounds is powerful for reducing inflammation in the body.

If you are dealing with chronic or acute pain conditions, degenerative joints or have elevated inflammatory markers on your lab testing than I would highly recommend the Inflam Defense product.

A graphic for 'INFLAM DEFENSE CLINICAL BENEFITS'. It features a dark blue background with a light blue hexagonal pattern in the upper left. A bottle of 'DRJOCKERS.COM INFLAM DEFENSE' is shown on the left. To the right of the bottle, four benefits are listed, each preceded by a checkmark icon.

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- ✓ Supports Healthy Inflammatory Response
- ✓ Helps Protect Against Oxidative Stress
- ✓ Powerful Source of Antioxidant Compounds
- ✓ Supports Healthy Circulation and Lymphatic Function

Inflammation Crushing Ebundle

The **Inflammation Crushing Ebundle** is designed to help you improve your brain, liver, immune system and discover the healing strategies, foods and recipes to burn fat, reduce inflammation and Thrive in Life!

As a doctor of natural medicine, I have spent the past 20 years studying the best healing strategies and worked with hundreds of coaching clients, helping them overcome chronic health conditions and optimize their overall health.

In our **Inflammation Crushing Ebundle**, I have put together my very best strategies to reduce inflammation and optimize your healing potential. Take a look at what you will get inside these valuable guides below!

Our Inflammation Crushing E-Bundle!



The *Inflammation Crushing Ebundle* is designed to help you **Improve Your Brain, Liver, Immune system** and Discover the Healing Strategies, Foods and Recipes to **Burn Fat, Reduce Inflammation and Thrive in Life!**

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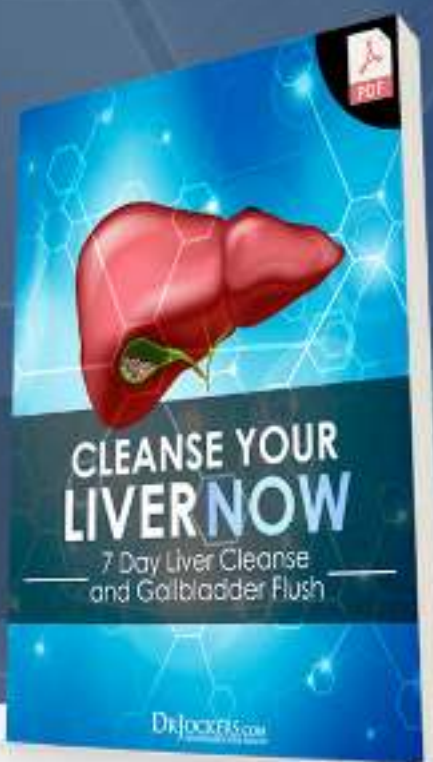
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Dr. Jockers

Dr David Jockers is passionate about seeing people reach their health potential in mind, body and spirit. He is the host of the popular “Dr Jockers Functional Nutrition” podcast and the author of the best-selling books, “The Keto Metabolic Breakthrough” and “The Fasting Transformation.”

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comments

Comments

Jean Finch

June 19, 2018 at 3:31 pm

What about switchell?

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Dr. Jockers

June 20, 2018 at 1:56 pm

It can be helpful Jean! Watch out for adding too much sugar though!

[Reply](#)

Karla Spencer Risher

February 24, 2019 at 1:49 pm

Does a store bought tea, like Bigelow or Republic of Tea in lemon ginger or ginger help?

[Reply](#)

Dr. Jockers

February 24, 2019 at 2:23 pm

Yes for sure!

[Reply](#)

Joshua Lancaster

July 10, 2019 at 3:48 pm

How much ginger (in grams) is recommended for digestive health, per meal?

[Reply](#)

Dr. Jockers

July 12, 2019 at 10:08 am

Hey Joshua, It can vary from person to person. I would recommend starting with a low dosage to see how well you tolerate it.

[Reply](#)

Margaret

May 3, 2022 at 11:17 am

I love ginger, but a few years ago I developed sensitivity to it: I would get skin rash, upset stomach, and diarrhea after eating it. This lasted a few years and now I can ginger again but I don't understand why my body reacted to it in this way. Any ideas?

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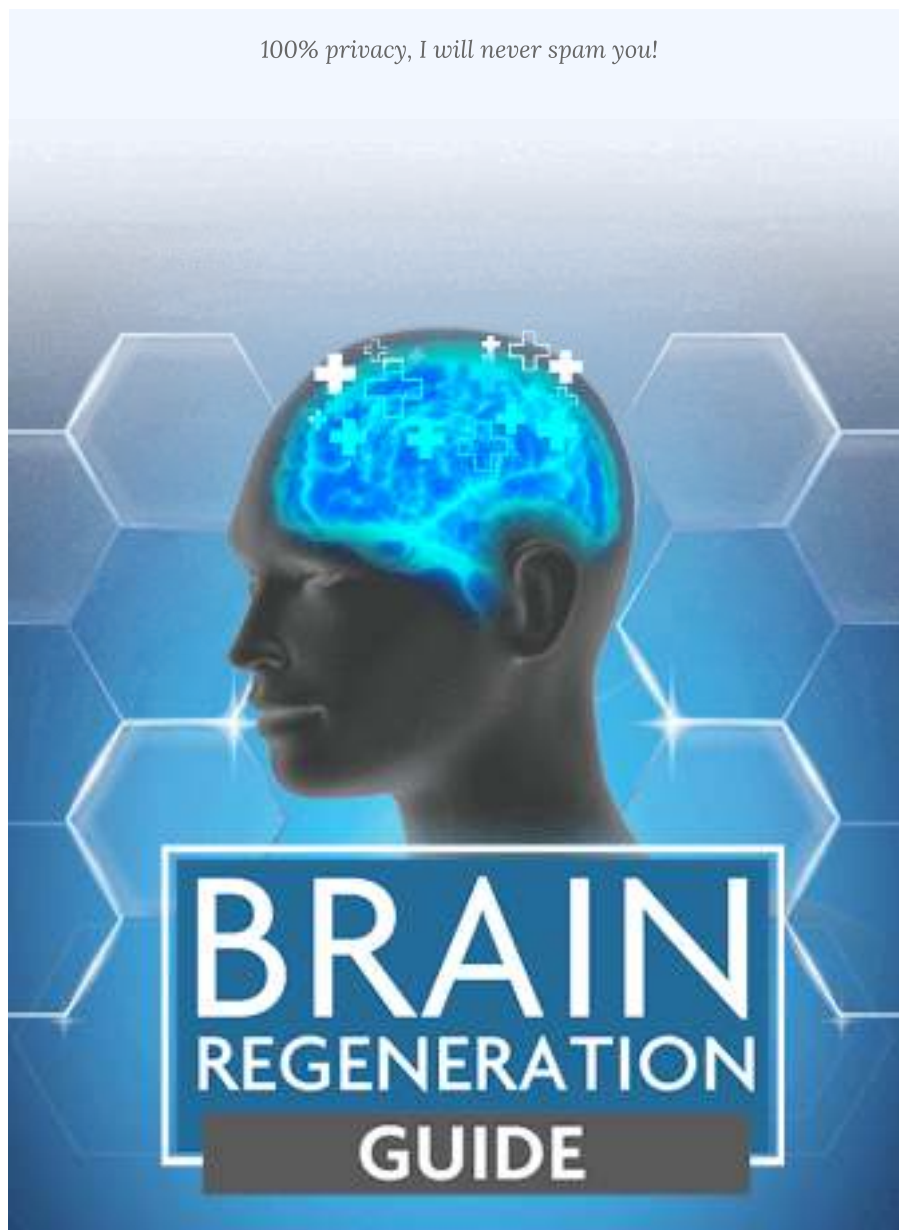
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A promotional banner for the Dr. Jockers Functional Nutrition Podcast. The banner features a blue header with the text "CHECK OUT THE DR JOCKERS FUNCTIONAL NUTRITION PODCAST". Below this, the text "Dr. Jockers" is centered, followed by "FUNCTIONAL NUTRITION" in large, bold, blue letters, and "PODCAST" in white letters on a blue rectangular background. To the right of the text is a portrait of Dr. Jockers, a man with short brown hair wearing a blue polo shirt. At the bottom left, there is a blue button with the text "LISTEN HERE" in white. The background of the banner includes faint chemical structures and a light blue abstract pattern.

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A promotional banner for Dr. Jockers. It features a portrait of a smiling man with short brown hair, wearing a light pink button-down shirt. The background is a dark blue gradient with a faint, glowing hexagonal molecular structure pattern. At the top, the text "DR. JOCKERS RECOMMENDED PRODUCTS" is written in large, white, sans-serif capital letters. In the lower right, there is a white rounded rectangular button with the text "LEARN MORE" in dark blue. Below the button is the Dr. Jockers logo, which includes a stylized leaf icon and the text "DR. JOCKERS" in a bold, sans-serif font, with the tagline "SUPERCHARGE YOUR HEALTH!" in a smaller font underneath.

DR. JOCKERS RECOMMENDED PRODUCTS

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The advertisement features the 'SUGAR DETOX PROGRAM' logo at the top, which includes a stylized teal figure. Below the logo, a collection of program materials is displayed, including several 'Sugar Detox' course boxes, a 'QuickStart Guide', and digital devices (a monitor, a laptop, a tablet, and a smartphone) all showing the program's interface. The background is a light blue sky with soft clouds. At the bottom, a dark teal bar contains a white button with the text 'Learn More' in blue.

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